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## MEDITATION AND CREATIVITY—FINDING INSPIRATION AND BREAKING THROUGH CREATIVE BLOCKS

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*Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out [www.maloriesadventures.com](http://www.maloriesadventures.com) for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.*

Throughout time, human beings have demonstrated a desire to create, express themselves and present artistic gifts to the world. Personally, I think this is one of the best features of humanity—the craving to create happiness and share it. Entertaining others through art, performance and expression has withstood the test of time. In fact, many ancient civilizations included sacred rights and rituals that involved dancing, singing and other forms of performance art.

So, it seems that there may, in fact, be a deeper connection with our higher selves through our art forms. I, for one, feel I connect to a much more expanded version of my consciousness when I get going on a creative flow; sometimes, when I really focus on writing, singing or performing, it's as if I'm not even a part of this world anymore. I open my mind, connect to something greater, and get lost in a sea of creativity. Because of this, I believe there is a much deeper access to our creativity and inspiration through meditation.

In fact, I've been noticing recently how often when people begin meditating regularly they quickly lose their creative blocks. I've seen writers who are stuck go through a Monroe Institute program and emerge with a flood of ideas to finish their work. I've seen artists begin meditating to become inspired to produce their next masterpiece. And I've seen musicians come out of a weeklong program ready to write a whole album from the inspiration they received in higher Focus levels.

Something about connecting with our higher selves, understanding more about our place in the universe and learning to expand our consciousness can easily spark the creativity within. Perhaps it's because we learn to break down our judgements and limiting beliefs while we are meditating. Perhaps it's because we learn to loosen up and explore more freely. Or, perhaps, just gifting ourselves with time to be truly alone is enough to find what we are looking for. Whatever the case, I've concluded from my experiences that meditation is a very effective tool for breaking through creative blocks and accessing the artist within.

When I feel my writing suffering from an over-exhausted brain or from my mind being just too practical in any given moment, I access my creativity through a quick meditation session before I begin writing. I clear my mind, breathe deeply, and take a few beats to connect with my higher self for inspiration. The Expand app offers a whole section of meditation on "Creativity and Manifestation". I find the "Creative Flow" exercise extremely helpful in connecting with my creative core.

I encourage you to try this. If you're feeling stuck on a project or maybe you just aren't feeling your inner artist and really want to access that creativity, try meditating with an intention to be more creative or to break your creative blocks. Then, note how you feel after you have done so. You can easily surprise yourself with what you are capable of.